

# WELLBEING ASSESSMENT

There's more to feeling your best than a clean bill of health from your doctor, and there's no self-help secret that will magically make you happy, healthy and whole. But if you're ready to take your long-term, whole person wellbeing into your own hands, we can help!

## MHN'S WELLBEING ASSESSMENT

As an MHN EAP member, you have free, 24/7 access to our **wellbeing assessment**, a valuable online tool that can help you identify risks to your physical and emotional wellbeing, develop a plan to address problems and potential problems, and get started on the path to optimal wellbeing.

## HOW IT WORKS

MHN's wellbeing assessment is a confidential, user-friendly online questionnaire that gathers information about you and your behaviors, attitudes, physical health, work environment, personal relationships, access to support structures and more. After completing the assessment you receive a **personal wellbeing report** that rates your wellness in several areas, alerts you of potential risks, and includes actionable suggestions for improvement. *Your personal wellbeing report is confidential and your individual results are never shared with your employer.* If at least 50 employees participate and your employer arranges for an aggregate report, your data (without identifying information) will be combined with other participants' to help your employer better understand the collective health and wellness needs where you work.

The assessment takes 20 to 25 minutes to complete. Topics include:

- » Biometrics (such as height, weight, blood pressure and cholesterol levels)
- » Fitness, preventive health practices, weight control and nutrition
- » Tobacco, alcohol and substance use
- » Stress and emotional health
- » Work environment and job satisfaction
- » Access to health care and social support

To get started:

1. Go to **members.mhn.com** and enter your username and password (or click on the "please register" link to specify a username and choose a password; your company code is listed to the right on this flyer).
2. Click on Wellbeing Assessment under the Wellness tab, then click Continue.
3. Under "My Plans" on the left, select "Assess My Wellbeing."
4. Follow the prompts through the questionnaire, and your wellbeing report and action plan will be ready in minutes.

## FOR A HEALTHIER, HAPPIER YOU – USE YOUR EAP!

The wellbeing assessment is a smart place to start if you want to improve your physical and emotional health and your overall quality of life. Your MHN EAP also provides clinical support and work-life services, so help with everything from relationships to personal finance is always just a phone call away.



**Are you ready to improve your health?**

Get started today by visiting:

**eap4soc.mhn.com**

company code: **soc**

Or call MHN at:

**(866) 327-4762**

TDD: (800) 327-0801

